

Rock-A-Bye

COPPERKNOB
STEPSHEETS

拍數: 180 牆數: 2 級數: Phrased Intermediate
編舞者: Trizia Ruggiero (UK) - November 2016
音樂: Rockabye (feat. Sean Paul & Anne-Marie) - Clean Bandit : (Clean Version)



Intro: 32 Counts - Sequence A/B/Tag/B/C/D/B/C/Ending

SECTION A -[64 counts]

A1: CROSS-STEP SIDE -CROSS-POINT

1-2 Cross R over L -step L to side
3-4 Cross R over L- point L to side
5-6 Cross L over R- step R to side
7-8 Cross L over R- point R to side

A2: POINTS / SAILOR

1-2 Point R forward – point R to side
3&4 Sweep R behind L- step on ball of L- replace weight onto R
5-6 Point L forward- point L to side
7&8 Sweep L behind R- step on ball of R- replace weight onto L

A3 + A4: [REPEAT ABOVE 16 COUNTS ONCE MORE] [32 COUNTS]

A5+A6: : SWAYS QUARTER TURN/ HALF TURN/ SIDE MAMBO'S

1-4 Sway hips R-L-R-L MAKING QUARTER TURN L [9.00]
5&6 Rock R to side[5] place weight on ball of L [&] place R beside L [6]
7&8 Rock to L side[7] place weight onto ball of R [&] place L beside R

1-4 Sway hips R-L-R-L MAKING HALF TURN L [3.00]
5&6 Rock R to side[5] place weight onto ball of L [&] place R beside L[6]
7&8 Rock L to side [7] place weight onto ball of R [&] place L beside R [8]

A7+A8: KICK BALL CHANGE X2 /JAZZBOX/ JAZZ BOX QUARTER TURN

1&2 Kick R forward[1] place weight onto ball of L[&] replace weight onto R[2]
3&4 Kick R forward [3] place weight onto ball of L[&] replace weight onto R [4]
5-8 Cross R over L- step back on L- step R to R side- step L beside R

1-4 REPEAT KICK BALL CHANGES [COUNTS 1-4]
5-8 Cross R over L- step back on L- step R to R side [MAKING QUARTER TURN R] place L
 beside R

SECTION B-[48counts]

B1: ROCKING CHAIRS/ PIVOT HALF TURNS/ CROSS UNWIND HALF TURN

1-4 Rock forward R-replace weight on L – rock back on R – replace weight on L
5-6 Step forward R-half turn L placing weight onto L
7&8 Cross R over L- unwind half turn L

B2: ROCKING CHAIR / MAMBO'S

1-4 Rock forward on R- replace weight onto L- rock back on R- replace weight onto L
5&6 Rock R to side[5] place weight onto ball of L[&] place R beside L[6]
7&8 Rock L to side[7] place weight onto ball of R[&] place L beside R[8]

B3+B4: REPEAT LAST 16 COUNTS FROM ROCKING CHAIR -PIVOT HALF TURN-UNWIND

B5: TOUCH BACK/ TOGETHER/ SHUFFLE

1-2 Touch R back- touch R beside L
 3&4 Step back on R – step L in front of R- step back on R
 5-6 TOUCH L back- touch L beside R
 7&8 Step back on L- step R in front of L- step back on L [6.00]

B6: REPEAT LAST 8 COUNTS ONCE MORE**TAG****T1-T4: [CROSS-SIDE- CROSS –POINTS- POINTS-SAILORS] FIRST 32 COUNTS OF SECTION A****T5: KICK BALL CHANGE/ JAZZ BOX QUARTER TURN**

1&2 Kick R forward[1] place weight onto ball of L [&] replace weight onto R[2]
 3&4 Kick R forward- place weight onto ball of L- replace weight onto R
 5-8 Cross R over L – step L back- step R to side[making quarter turn] step L beside R [9,00]

T6: REPEAT THE ABOVE 8 COUNTS ONCE MORE [12.00]**T7+T8: REPEAT FIRST 16 COUNTS OF WALL 1[CROSS SIDE CROSS POINTS/POINTS /SAILORS]****T9+T10: SWAYS –QUARTER TURN/ SIDE MAMBOS/ SWAY HALF TURN/ JAZZ BOX QUARTER TURN**

1-4 Sway hips R-L-R-L –MAKING QUARTER TURN L
 5&6 Rock R to side[5] place weight onto ball of L[&] step R beside L [6] [9.00]
 7&8 Rock L to side[7] place weight onto ball of R[&] step L beside R [8]

1-4 Sway hips R-L-R-L –MAKING HALF TURN L – [3.00]
 5-8 Cross R over L-step back on L- step R to side [making quarter turn] –step L beside R [6.00]
 –[80counts]

SECTION C-[16 counts]**C1: TOUCH SIDE/ TOGETHER/FORWARD SHUFFLES/ TOUCH BACK/ TOUCH TOGETHER/SHUFFLE BACK**

1-2 Touch R to side-touch R beside L
 3&4 Step R forward[3] step L behind R[&] step R forward[4]
 5-6 Touch L to side-touch L beside R
 7&8 Step L forward[7] step R behind L[&] Step L forward[8]

C2: Repeat C1**SECTION D-[52 counts]****D1: CROSS /SIDE/ CROSS/POINT/CROSS/SIDE /CROSS /POINT**

1-4 Cross R over L- step L to side- cross R over L- point L to side
 5-8 Cross L over R- step R to side- cross R over L – point R to side

D2: POINT/POINT / SAILOR STEP

1-2-3&4 Point R forward –point R to side- sweep R back- weight on ball of L- step onto R
 5-6-7&8 Point L forward- point L to side- sweep L back- weight on ball of R – step onto L

D3: 1-4 □HOLD 2-3-4**D4: SWAYS QUARTER TURN/ SIDE MAMBOS**

1-4 Sway hips [making quarter turn] R-L-R-L
 5&6 Rock R to R side – weight on ball of L – step R beside L
 7&8 Rock L to L side –weight on ball of R- step L beside R

D5: SWAYS HALF TURN/ SIDE MAMBOS TO R

1-4 Sway hips [making half turn] R-L-R-L

5&6 Rock to R side- weight on ball of L- step R beside L

7&8 Rock L to L side – weight on ball of R- step L beside R

D6+D7: KICK BALL CHANGES/ JAZZ BOX/ KICK BALL CHANGES/ JAZZ BOX QUARTER TURN [12.00]

1&2 Kick R forward- weight onto ball of L – replace R beside L

3&4 kick R forward- weight onto ball of L- replace R beside L

5-8 Cross R over L – step L back- step R to side- step L beside R

1&2 Kick R forward- weight onto ball of L- replace R beside L

3&4 Kick R forward- weight onto ball of L- replace R beside L

5-8 Cross R over L – step back on L- step R to side [making quarter turn] step L beside R

ENDING: -[16counts]

1-8 cross-side- cross- point L- cross-side-cross-point R

1-4 cross-side-cross-point L

5-8 Cross L over R –unwind a full turn to face front [12.00]

END OF DANCE
